

# KIRKINTILLOCH OLYMPIANS

East Dunbartonshire Schools & Junior Invitation Cross-Country League 2016

Dear Sir/Madam

Kirkintilloch Olympians invite your organisation to participate in this seasons cross-country race, listed below is the relevant information.

**THIS EVENT WILL BE RUN IN HONOUR OF OUR DEAR FREIND SASHA MACNAB WHO PASSED AWAY RECENTLY. THERE WILL BE A BAKE SALE AND COFFEE FOR SALE NEAR THE START/FINISH LINE TO RAISE FUNDS FOR CHARITY.**

EVENT DATE & VENUE	20 <sup>th</sup> February 2016 St Flannan's Primary School, Newdyke Road
CHANGING, TOILETS & PARKING	At the above school <b>No one from the Kirkintilloch Olympians will be at the school.</b>
REGISTRATION	Closes at 9.00am at the Kirkintilloch Olympians Gazebo. First race at 9.30am
RACE DETAILS	Separate races for P5-6 and P7 boys and girls. i.e.: 4 races. Distance 1200 meters. S1-S6 girls and S1-S6 boys. i.e.: 1 race 2500 meters
QUALIFICATION	All primary pupils who are P5-P7 or 9 years of age or over on the day of the event are eligible to run. Secondary pupils in S1 – S6.
ENTRY DETAILS	Organisations to submit a list of athletes to Debs Lindsay (see below), giving full name, male/female & event. <b><u>Competitors' numbers should be collected on the day.</u></b> Numbers to be secured to <b>FRONT</b> of vest or t-shirt.
AWARDS	Certificates to all finishers based on finishing position. Gold 1-10; Silver 11-20; Bronze 21-30; Blue to all others. Medals to first 3 individuals in each race (presented immediately after the race), first 3 teams in each race will be presented with medals the following week.
SUGGESTED KIT	Sweatshirt or t-shirt top, shorts or training bottoms, spikes or training shoes. It would be prudent for all runners to have a complete change of kit, especially socks and shoes, as the weather can be poor at this time of year.
RESULTS	Results and certificates will be sent to each participating organisation the following week. Results will also be posted on the internet at <a href="http://www.kirkintillocholympians.co.uk">www.kirkintillocholympians.co.uk</a>
CONTACT	<u>Please give organisation e-mail address for future correspondence.</u> Debs Lindsay

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